

JULY AND AUGUST 2015

The Council on Aging is your place to go this summer! Our cool building is open Monday through Friday and serves as the designated cooling station. Bring a friend and play a board game, cards, or watch TV and enjoy lemonade and iced tea. Need a ride? Call for the van to pick you up.

If you are experiencing heat related problems, please call us for assistance. We are here to help. Throughout the summer, and during hurricane season, we will post information on Avon Cable Access, Ch. 9. In case of power outages, please check on your neighbors and call the COA as soon as possible to report any issues.

Remember...Drink plenty of fluids, don't over exert, and keep your cell phone charged. If you don't have a cell phone, we can help with that, too. There are a number of phone plans for seniors that are free or low-cost. Have a wonderful summer!

ANNUAL COOKOUT AT AVON FISH & GAME – FRIDAY, JULY 10TH

Don't forget to sign up for the Annual Cookout on July 10th at Avon Fish & Game. Reservations will be taken until Tuesday, July 7th. As with any of our special events, it is important that you register. We never want anyone left out! Also, if you have signed up and find you cannot attend, give us a call. Someone else may be waiting to take your place!

“ALIVE INSIDE: A STORY OF MUSIC AND MEMORY”

July 23, 2015 5:30 PM – 7:00 PM

The public is invited to a special showing of Alive Inside: A Story of Music and Memory, winner of the 2014 Sundance Film Festival Documentary Audience Award (78 minutes running time). This inspirational movie shows the power of music in reconnecting people with memory loss to their past and to themselves. Please RSVP at 508-559-0060 as light refreshments will be served.

FARMER'S MARKET

The Council on Aging will be receiving Farmer's Market vouchers in either late July or the beginning of August to distribute to eligible seniors again this year. Please call Louise Hardiman, Outreach Coordinator to get on the list. Van transportation will be available to the Market in Brockton, at City Hall Plaza, on Fridays at 11:45 AM through the months of August and September. Call the office to book your ride.

JULY & AUGUST LUNCH MENU

Join us at the COA Cafe

PLEASE NOTE THAT THERE WILL BE LUNCH SERVED ON THURSDAYS ONLY IN JULY & AUGUST

Suggested donation is \$4. Special Holiday Luncheons: \$5.00

JULY

2 nd & 9 th	NO LUNCH SERVED
10 th	Annual Cookout at Avon Fish and Game. Serving Burgers, Hot Dogs, Potato Salad, and more!
16 th	Cold Cut Platters, Potato Salad & Pickle
23 rd	Pizza & Salad
30 th	BBQ Chicken & Cole Slaw

AUGUST

6 TH	BLT Sandwich, Pasta Salad & Cup of Soup
13 TH	Fish Cakes, Beans & Brown Bread
20 TH	Chicken Stir Fry over Rice
27 TH	Pizza & Salad

MOVIE DAYS - Chill out and enjoy a movie at the COA on Wednesday, July 15th and August 19th at 12 Noon. Bring a Brown Bag Lunch! Popcorn & refreshments will be served. Call for movie title a day or so before.

CASTLE ISLAND TRIP – WEDNESDAY, JULY 22ND

Rain Date: Wednesday, July 30th

The Avon Council on Aging is planning its annual trip to Castle Island for lunch at Sullivan's. For more information, please stop by the Council on Aging, 65 E. Main St.

**BOURNE SCALLOP FESTIVAL TRIP FREE FOR SENIORS
FRIDAY, SEPTEMBER 18TH**

The Avon Council on Aging is planning a trip to the Bourne Scallop Festival on Friday, September 18th. The luxury Silver Fox Coach will depart the Avon Council on Aging at approximately 9:30 a.m. and bring you to the festival where you can choose to have either a Scallop Dinner or Roasted Chicken Dinner. There will be live entertainment, arts and crafts and also 90 minute boat cruise on the Cape Cod Canal. The bus will return to the Council on Aging at approximately 6:00 p.m. The cost of the trip is free for Avon Seniors **only** over age 60.

Due to the generosity of the Brockton Howard Foundation, the cost of this trip is granted to the Avon Council on Aging. Seating is limited to a first come first serve basis. Registration for this trip will take place at 1:00 PM. on Thursday, July 30 2015

	JULY	AUGUST
	HAPPY BIRTHDAY	
1 st	Helena Davey	Shirley Frazier
		Richard Billings
5 th	Carl Lundgren Lorraine Heffernan	
7 th	Dorothy Walsh	
8 th	Jack Reilly	Claire Brown
10 TH	Helen Frierson	
14 th		Karen Johnson Shirley Murphy
15 th	Claire Ficcarra	
16 th	Roy Fernald	Nickie Keenan
17 th	Natalie Lorizio	
20 th		Ed Krachukoski
21 st	Dolores Daigle	
27 th	Carol Perkins	
28 th		Linda Chute
30 th	Mary Kenney	

SCARFS FOR SOLDIERS

Mary Farrington is looking for donations of knitted or crocheted winter scarfs for local veterans and soldiers.

DONATIONS FOR VETERANS

Donations are still being accepted for clothing, and other items for the Veterans at the Brockton VA Hospital.

ANNUAL VOLUNTEER RECOGNITION

June 12, 2015

Through the Commonwealth of Massachusetts Formula Grant, the Avon Council on Aging volunteers were honored at the yearly luncheon, held at Tutto Bene on Pearl St. in Brockton.

Senatorial Citations for service were presented posthumously to the families of Margaret (Peg) Meninno, for 30 years of volunteer service, and Pauline C. Walsh for 15 years of service.

We would like to thank the gracious staff at Tutto Bene for taking such good care of us, All Around Embroidery in Avon for donating "Volunteer Avon" t-shirts, Robert Pierson, Norfolk County RSVP for his key note speech, and Town Administrator, Frank Crimmins for presenting the awards.

